facebook Log In

Sustainable Dish - Diana Rodgers, RD

34K followers · **17** following

Registered Dietitian helping people locally and via skype. Also a writer, speaker, podcaster and sustainability expert living on a working organic farm.

Follow ···

Posts About Photos Videos Mentions

Details

Page · Nutritionist

sustainabledish.com

Sustainable Dish - Diana Rodgers, RD ···

5h ·

Do you struggle with cravings and the need to graze on snacks all day?

Expert tip: This isn't normal, and you can fix this!

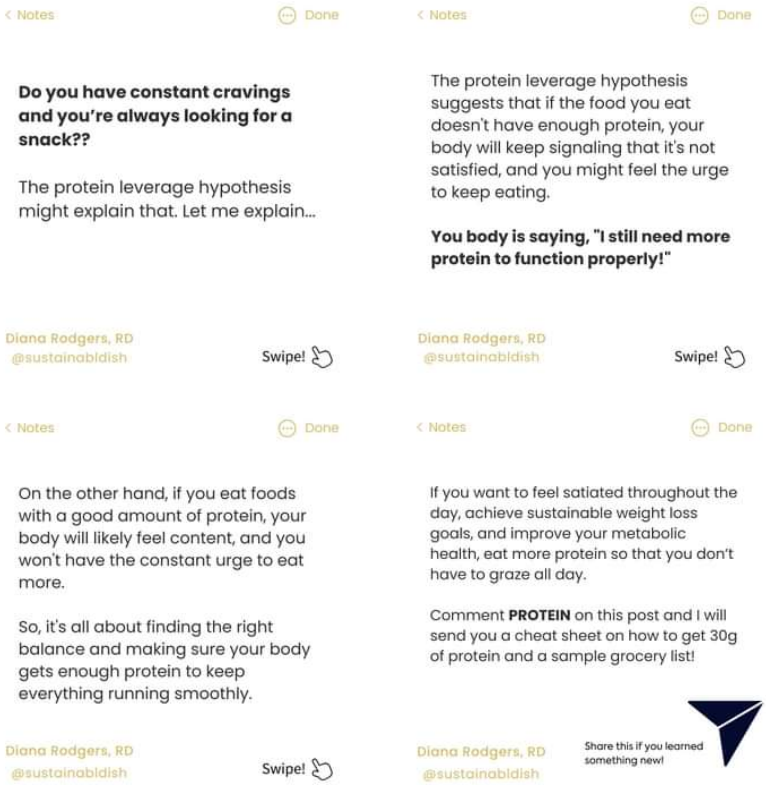
Swipe through to learn about the protein leverage hypothesis

If you're ready to stop excessive food cravings and feel satiated for hours, you need more protein.

facebook Log In

ways to get 30g of protein plus a grocery list.

Download it here: https://sustainabledish.com/sustainavore-grocery-and-protein-guide/



Penny L Tibbs and 14 others

15 4 3

Kim McElroy
PROTEIN!

Sustainable Dish - Diana Rodgers, RD
1d ·

The hyperfocus on carbon emissions steers our attention away from other critical elements of manufacture.

This narrowed narrative is an important tool for people in power. It provides justification for manufacturers to pollute our air and water with industrial byproducts, so long as they plant enough trees to “offset the carbon”. It allows policymakers to tax farmers and ranchers who manage their cattle in a way that mimics natural

facebook Log In

soils.

The carbon-centric worldview is myopic, misinformed, and downright dangerous.

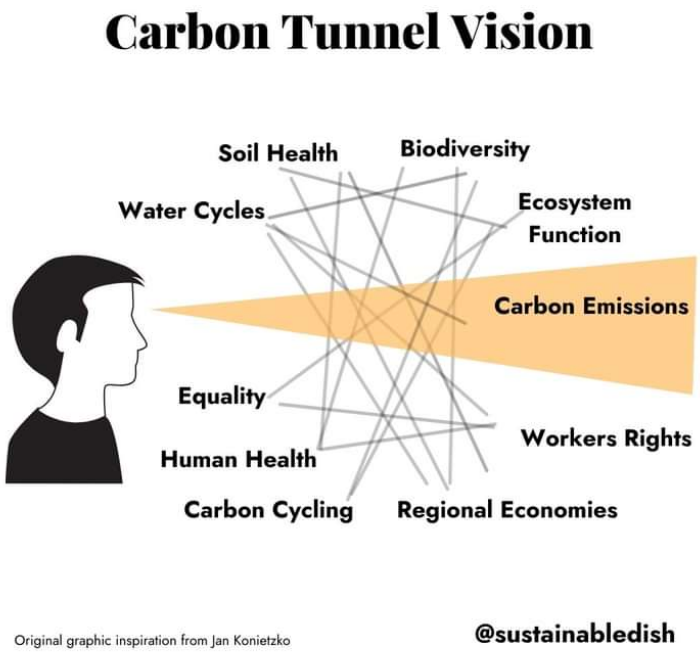
Truly sustainable production systems MUST consider multiple factors, like soil organic matter, human health, and ecosystem function, as well as the strengths and weaknesses of different regions.

Unfortunately, whatever force has managed to capture our mainstream media and "environmental" organizations (such as VOX, New York Times, Washington Post, Environmental Working Group, Greenpeace) shows no sign of taking its foot off of the gas pedal (yes that's an emissions joke).

So vote with your dollars for products you believe in, and start conversations about these misconceptions whenever you can!

"In a time of deceit telling the truth is a revolutionary act." - George Orwell

Share this post if you learned something new!



facebook Log In

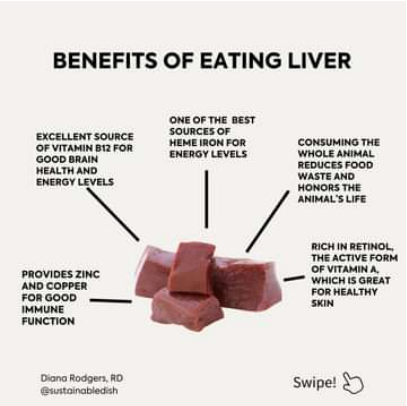
31 3 7

Ariel Fish
Animal farming scores incredibly poorly relative to plant farming for carbon, methane, nitrous emissions, water eutrop...

Sustainable Dish - Diana Rodgers, RD
2d ·

Now the real trick... getting liver into your diet

I know the struggle since I didn't grow up ea...see more



Roy Cajipe Talabucon and 26 others

27 8 7

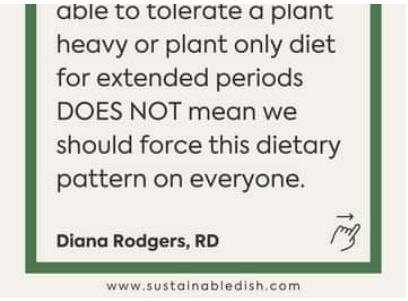
James Murphy
Liver is like Liverpool top of the league and the next best sardines and eggs are 3 divisions down ... That's how special the ...

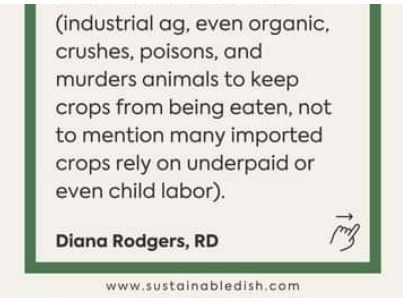
Sustainable Dish - Diana Rodgers, RD
4d ·

Don't be fooled...

Plant-based diets are not more nutritious, m...see more

facebook Log In





+3

David Guy-Johnson and 50 others

51 6 13

Ariel Fish
Thats not an argument just a series of emotional statements, with fellacious coded appeals to race.

Sustainable Dish - Diana Rodgers, RD
4d ·

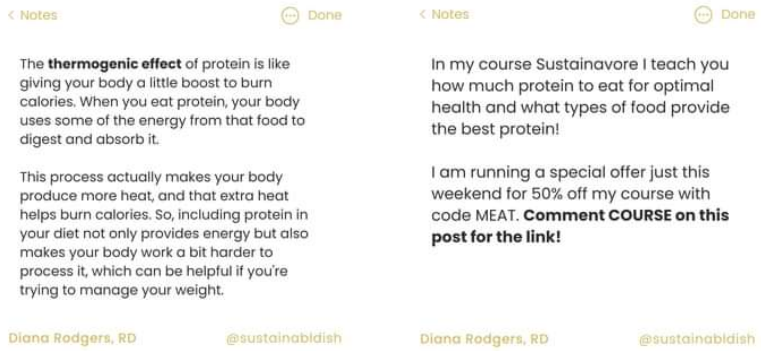
eating meat can help your body burn more calories!

When you eat food, your body uses energy t...see more

facebook Log In

Nutrition tip: protein boosts your metabolism and burns more calories as your body digests and absorbs it, helping with weight management.

Swipe to learn more →



Roy Cajipe Talabucon and 43 others

44 5 6

Kenny Holmes
IIRC, this is the entire concept behind the Keto diet.

Sustainable Dish - Diana Rodgers, RD
6d ·

Come see my film, Sacred Cow and meet me in Denmark!
...see more

facebook Log In

Søren Mark Larsen and 100 others

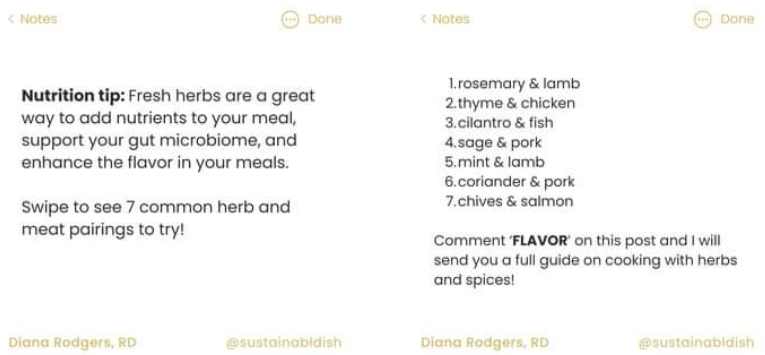
101 2 5

George Anthony
Go girl go! Show the 'former vikings' that their ancestors thrived on red meat...and the 'crème de la crème' when it comes to ...

Sustainable Dish - Diana Rodgers, RD
6d ·

Cooking doesn't have to be complicated!

I wrote an easy guide to help you learn to us...see more



Steven Pundt and 15 others

16 1 1

Kevin Stafford
We use no herbs, no spices, no salt, no plants at all - just meat. Seasonings are nasty!

Sustainable Dish - Diana Rodgers, RD
20 Feb 2024 ·

facebook Log In

preservatives are something I'm skeptical about. More

facebook

Log In

facebook

Log In